

## Group Exercise Schedule 2011

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 a.m.	Basic Training* <i>Karen</i>	Cycle (ctc) <i>Sage</i>	Basic Training* <i>Karen</i>	Cycle (ctc) <i>Sage</i>		
8:15 a.m.						Yoga* <i>Starla</i>  Cycle (ctc) <i>Lynn</i>
8:30 a.m.	Gentle Yoga* <i>Stacy</i>  Circuit Express (30 min.)		Pilates* <i>Stacy</i>  Circuit Express (30 min.)		Yoga* <i>Starla</i>  Circuit Express (30 min.)	
9:00 a.m.	Zumba (ge) <i>Donna</i>		Zumba (ge) <i>Donna</i>			
9:15 a.m.		Kickboxing* <i>Jacqui</i>  Mom & Me Yoga** (45 min.) 3 to 5 yrs <i>Stacy</i>		Total Body Plus* <i>Kanani</i>  Mom & Me Yoga** (45 min.) 3 to 5 yrs <i>Stacy</i>		
9:30 a.m.	Cardio Sculpt* <i>Stacy</i>  Silver & Fit** <i>Jacqui</i>		Step* <i>Stacy</i>		Bosu** <i>Karen</i>  Cardio Sculpt* <i>Stacy</i>	Step* <i>Angel</i>
10:30 a.m.	Step N Sculpt* <i>Angel</i>	Pilates* <i>Starla</i>	Strength* <i>Jacqui</i>  Silver & Fit** <i>Julie B.</i>		Senior Strength* <i>Karen</i>	Strength* <i>Angel</i>
11:30 a.m.						Zumba* <i>Veanney</i>
4:30 p.m.	Core Conditioning* <i>Roberta</i>	Cardio Band Camp* <i>Roberta</i>		Cardio Band Camp* <i>Roberta</i>		
5:30 pm.	Zumba* <i>Kanani</i>	Pilates ** <i>Monique</i>	Step* <i>Jody</i>			
5:45 p.m.		Pump On Up* <i>Roberta</i>		Pump On Up* <i>Roberta</i>		
6 p.m.		Cycle (ctc) <i>Lynn</i>		Cycle (ctc) <i>Lynn</i>	Zumba * <i>Magdalena</i>	Group Exercise classes are FREE to pass holders!
6:30 p.m.				Yoga** <i>Julia H.</i>		
7 p.m.	Challenge Yoga* <i>Vivienne</i>		Challenge Yoga* <i>Vivienne</i>			* Group Exercise Studio ** Dance Studio (ge) East Gymnasium (gw) West Gymnasium (ctc) Chandler Tennis Center
8 p.m.	Zumba (gw) <i>Magdalena</i>	Zumba (gw) <i>Maria</i>	Zumba (gw) <i>Veanney</i>	Zumba (gw) <i>Diane</i>		
						Updated 4/1/11

### CLASS DESCRIPTIONS

**Baby Buggy Brigade (BBB)** - This class offers new moms and dads the opportunity to workout with their babies while building a friendship and support group with the other parents. This unique fitness routine incorporates the stroller, bands and other exercises for a total body workout. Bring a towel and water. This class will be held outdoors weather permitting and indoors when needed.

**Basic Training** - This class will combine bootcamp and interval style drills to improve cardiovascular, muscular strength and abdominal work to improve core strength.

**Bosu** - An acronym for "both sides up." This class will incorporate balance, functional and core strength exercises for a fun and challenging workout

**Cardio Band Camp** - This class will give you a combination cardiovascular workout and muscle toning using bands.

**Cardio Sculpt**— This class will give you a combination of strength and cardiovascular workout using weights, bands and steps.

**Challenge Yoga**— Just a bit more challenging than your basic yoga!

**Core Conditioning** - More than just abdominal work, this class will focus on training the muscles that stabilize the spine and pelvis using a variety of equipment and your own body weight.

**Circuit Express**— If you are short on time or just need that extra push to get you working out again, than this class is for you! This class is designed to get you a cardiovascular and muscle conditioning workout in 30 minutes by taking you from one circuit machine to the next to fun and motivating music.

**Cycle** – Group cycling is an awesome way to burn fat, increase strength and improve cardio fitness. Every ride is different than the last journey through hills, flats and mountains; learn how to push through adversity, work in your optimum fat burning zone. The use of Heart Rate Monitors is strongly recommended. **Water bottles are mandatory!** Limited # of bikes available. ***If you are new to Cycle, please allow 10 minutes before class to set up your bike.***

**Gentle Yoga**- This class will introduce basic poses, enhance balance, flexibility and breath awareness.

**Kickboxing** – High intensity aerobic/anaerobic workout utilizes boxing & martial arts moves to work your entire body. Jab, hook, and kick your way to developing stronger shoulders, back, abs and lower body.

**Mom & Me Yoga**- Experience yoga in a whole new way by using animal sounds and songs to introduce your child to yoga. This class is designed for the energetic and inquisitive child. No previous yoga knowledge is necessary.

**Pilates** – This class will restore and develop core strength and stability through mat-based exercises that emphasize proper body alignment & movement awareness. Consistent attendance is encouraged.

**Pilates Sculpt**— This class will combine Pilates with sculpting to strengthen and lengthen muscles while focusing on the core (abdominals and back).

**Pump On Up** — A 60– minute toning and conditioning class that challenges all the major muscle groups using body bars to sculpt and strengthen the entire body.

**Step** – Low-to-moderate impact aerobics using the Step. Choreographed patterns are broken down for beginners; power and optional moves suggested for intermediate to advanced steppers.

**Step N Sculpt**— This class is designed to get you 30 minutes of step aerobics, 15 minutes of sculpting and 15 minutes of abdominal toning and cool down.

**Senior Strength**—This class specializes in increasing strength and endurance to improve functional use in everyday activities.

**Silver & Fit**- Silver & Fit is a fitness and healthy aging program designed to help you achieve better health through regular exercise. The Silver & Fit class format is a combination of aerobic, flexibility and resistance (strength) training. Silver & Fit group exercises classes are broken up into three levels to specifically address older adults in a fun-filled social environment regardless of their fitness level. Silver & Fit classes are free to Tumbleweed Recreation pass holders and may be free to current Humana and Medicare clients. Please contact Tumbleweed Recreation Center or your insurance carrier for more details.

**Strength** – A non-aerobic class that will improve muscular strength and balance, using a variety of equipment (Resist-a-Balls, weights and bands) while challenging all major muscle groups.

**Total Body Plus**— This class will give you weekly versatility while you strengthen your muscles. Build your endurance and tap into a more flexible you. Come join us for a one of a kind workout using everything in the exercise studio.

**Yoga** – This class represents an introduction to basic yoga poses. There will be an emphasis on stretching, coordination of breath with movement and attention to alignment. This class is a multi-level, non-competitive class designed to introduce beginners to the benefits of yoga, yet challenge continuing students. Yoga sticky mats and blocks are provided.

**Zumba**- This hour class incorporates footwork and body movements from Salsa, Flamenco, Samba and Reggaeton dances all while providing a fun and effective cardio class.